



Montana  
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# THINK FOOD

## School Nutrition Programs

### Shipment 8

### January 2011

#### USDA FOODS SHIPMENT ADJUSTMENTS

Listed below are the USDA Foods for Shipments 8, 9 and 10. The Diced Chicken will be shipped on one shipment rather than two. The USDA was unable to purchase the partial truckload prior to our final shipment so it was cancelled. Recipient Agencies were given their fair share of the full truckload that was received.

The final truckloads of Mixed Fruit were cancelled due to unavailability so there will be no Mixed Fruit on Shipment 9.

#### Shipment 8

Ground Beef  
Charbroiled Beef Patties  
Fajita Chicken Strips  
Diced Chicken  
Potato Wedges  
Strawberries, Sliced  
Turkey Breast Deli  
Oven Fries

#### Shipment 9

Applesauce  
Veggie Beans  
Cheese, Sliced

All-Purpose Flour  
Bread Flour  
Peaches, Cnd  
Pears, Cnd

#### Shipment 10

Ground Beef  
Beef Crumbles  
Fajita Chicken Strips  
Potato Wedges  
Oven Fries  
Strawberry Cups  
Turkey Breast Deli Smoked  
Turkey Roasts

Following is a list of USDA Foods that are still available. Values listed are per case.

|                        |          |
|------------------------|----------|
| Cheddar Cheese Y Shrd  | \$ 54.12 |
| Cheese Mozzarella LMPS | \$ 47.35 |
| Peanut Butter          | \$ 24.28 |
| Fat Free Potato Wedges | \$ 12.14 |
| Whole Grain Spaghetti  | \$ 8.70  |
| Tomato Paste           | \$22.97  |
| Turkey Hams            | \$59.61  |
| Walnuts                | Bonus    |

E-mail your requests to [juwilson@mt.gov](mailto:juwilson@mt.gov) by  
February 7, 2011, for Shipment 9 and  
March 1, 2011, for Shipment 10.

## MONTANA'S HEALTHY SCHOOL RECIPE ROUNDUP CONTEST



The deadline for entering your most colorful, tasty, eye-appealing, kid-friendly recipe in the Montana's Healthy School Recipe Contest is coming soon.



Recipes will be accepted through **March 4, 2011** so there is still time if you have not entered your recipe yet.

What kind of recipes qualify for the Roundup?

Recipes for entrees, side dishes or desserts and recipes that include only ingredients which are commonly available for school food service and use equipment readily available in school kitchens.

Recipes that feature the following:

1. At least one USDA Foods item
2. At least one local food as an ingredient when in season or purchased easily from a locally grown or Montana-made vendor. (This can be as simple as local milk, butter, etc.)
3. Is moderate in fat, saturated fat, sugar and sodium
4. At least one of the following items:
  - Whole grain (minimum of 1 oz. per serving)
  - Legume (at least  $\frac{1}{4}$  cup per serving)
  - Fruit or vegetable (extra points earned for including dark green and/or orange vegetables)
  - Lean protein (meat or meat alternates)

The recipes will be compiled and distributed throughout the state in school year 2011-12.

Every school program submitting and entry will receive a chance to win a \$200 cash prize.

To learn more and to submit your recipe go to [http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/HealthyMT.html#gpml\\_4](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html#gpml_4). If you have questions contact Molly Stenberg by phone at (406) 994-7217 or by e-mail at [stenberg@montana.edu](mailto:stenberg@montana.edu).



## WHOLE-GRAIN GOODNESS

The 2005 *Dietary Guidelines for Americans* recommend making at least half of the grains we eat every day whole grains. Whole grains contain vitamins, minerals, fiber and antioxidants. They may reduce the risk of heart disease and may also help maintain a healthy weight.

Whole-grain foods contain the entire kernel of the grain. The kernel has three parts - the bran, the germ and the endosperm. The word "whole" is often listed before the type of grain, such as: whole-wheat flour, whole-grain barley, whole cornmeal, or whole white wheat. Other whole grains are bulgur (cracked wheat), crushed wheat, rolled oats, brown rice and graham flour.



Grains are not "whole" when the bran and germ, where many nutrients are found, have been removed through milling, leaving only the endosperm. These are known as **refined grains**. Some refined grains are flour, enriched flour, grits, hominy, Farina, rice, couscous, cornmeal, corn flour, pearled barley and Scotch barley.

Whole-grain foods provided by the USDA to schools participating in the National School Lunch Program include brown rice, rolled oats, whole-wheat flour, whole-grain dry kernel corn, whole grain rotini, whole-grain spaghetti, whole-grain macaroni, whole-wheat pancakes and whole-grain tortillas.

Foods made from wheat, rice, oats, cornmeal, barley or other cereal grains are grain foods. Some of these foods are bread, pasta, (rotini, spaghetti, macaroni, lasagna) oatmeal, breakfast cereals, tortillas and grits.

Pump up your school lunch menus by adding the following whole-grain options:

- Whole-grain spaghetti with meat sauce
- Apple crisp with rolled oats
- Brown Rice pilaf
- Whole-grain tortilla veggie wraps

### DoD UPDATE

As of November 30, 2010, \$140,465.63 dollars of the DoD Fresh Fruit and Vegetable entitlement has been spent leaving a balance of \$309,534.37 for the 2010-11 school year.

Some districts have not begun to use their portion of this money. This money must be spent by the close of the school year or June 30, 2011. If you do not plan to use your entitlement, please contact Kennie Johnson at (406) 444-4412, so that she can redistribute your money to those schools that can use additional funds.

Orders are placed on FFAVORS Web at [https://www.ffavorsweb.dscp.dla.mil/ffavors\\_web/login.aspx](https://www.ffavorsweb.dscp.dla.mil/ffavors_web/login.aspx).

### WALNUT RANCH SALAD

Ingredients:

2 lbs. (24 cups) broccoli florets. Blanched  
6 heads (48 cups) sliced romaine leaves  
2 lbs. (24 cups) baby spinach leaves  
2 heads (8 cups) sliced celery  
4 lbs. (8 cups) green apple. Sliced  
2 lbs. (4 cups) grated carrot  
2 lbs. (8 cups) toasted walnuts  
4 cups Fat-free Ranch dressing

Directions:

In a large bowl combine the broccoli, romaine, spinach, celery, apple, carrot and walnuts and toss.

Add the ranch dressing and toss to coat.

Serve immediately.

Yield: 50 servings

*Nutrition Information:* Calories 170, Total Fat 11g, Saturated Fat 1g, Monounsaturated Fat 1.5g, Polyunsaturated Fat 8g, Trans Fat 0g, Cholesterol 1 mg, Sodium 182mg, Total Carbohydrate 17g, Dietary Fiber 4.5g, Protein 4g

Visit [www.walnuts.org](http://www.walnuts.org) for more recipes.

